

News from the Hill



ST. BARTHOLOMEW'S
EPISCOPAL CHURCH

May 2020

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St. Bartholomew's is committed to bringing the Good News of Jesus to all. Please share our weekday and weekend worship services with friends and those seeking to find a relationship with God. Links to Facebook and YouTube live-stream services are on our website stbartschurch.org.

Download St. Bartholomew's mobile app for quick, on-the-go access to worship services, sermons, upcoming events and more!

Send *News from the Hill* article submissions to news@stbartschurch.org.

ReGenerating Into Weekly Worship

John-Luke Addison

On Mother's Day weekend (May 9-10), we will be transitioning to three weekend live-stream services. We are adding a contemporary service on Sunday mornings, with the intention of creating a new layer of nuance and variety to our already vibrant offerings. The Saturday 5 p.m. service will remain Evening Prayer in the Celtic Tradition, and Sunday will now have a 9 a.m. ReGeneration Contemporary Service, and 11 a.m. Choral Worship. There will be Spiritual Communion at all three services, and the choir and musicians will be few in number until we are allowed to gather in larger groups.



Why change? Adding a contemporary service is one of our ways to work toward one of our 2019 Strategic Plan goals: develop weekly worship services that meet the needs of both seekers and people with no religious affiliations. Having multiple Sunday morning services that can offer different types of liturgy, language, and music creates more opportunities for seekers to find a service and worship style they connect with on an emotional level. As well, a 'contemporary' liturgy that is geared toward the vernacular, where people with no religious affiliations

can better comprehend worship, helps St. Bart's live into our motto of "All are welcome, no exceptions." Finally, with the ongoing pandemic and stay-at-home orders, this is an opportunity to share this service online on a weekly basis, to build up the anticipation and excitement for when we return to having a live congregation.

What will the two Sunday services look like? You can expect the 11 a.m. service to be the same as what the 10:15 a.m. service was—vibrant music led by choir and instrumental ensembles spanning across all genres, liturgy inspired by the Book of Common Prayer and its variants around the world,

and hearing the Word of God proclaimed through scripture and sermon. The 9 a.m. service gives us more opportunity to broaden these parameters: more of an emphasis on new music styles led by a contemporary ensemble, a liturgy that engages all ages and faith backgrounds, and readings and reflections set in a modern dialect, led by all ages.

The worship team has been offering a monthly contemporary service called 'ReGeneration', where we have finessed much of the liturgy and music that it is

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ReGenerating Into Weekly Worship

John-Luke Addison

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now ready to become a weekly Sunday offering. Regeneration is defined as “bringing new and more vigorous life”, and “giving a new and higher spiritual nature,” and the service encourages vibrant congregational participation through music, prayer, and presence. Our eyes look higher, our ears hear new language, and our mouths sing new songs. Dynamic worship can take many

shapes, and our goal is to provide another worship opportunity for our community, so we can become closer to God and nurture our spiritual journeys.

I look forward to sharing these online offerings with you, and I can't wait to worship with you in person again. Peace be with you all.

Making Music in a New Normal

Tim McLellan

Psalm 100 begins, “Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into his presence with singing.”

In case you hadn't noticed, the choir at St. Bart's didn't “choir” as usual this Easter. We haven't gotten together as normal since March 8. That's a long time for a group who spends so much time focusing on togetherness—breathing, vowels, consonants, cutoffs, phrasing, message. For me, I'm frustrated. I miss going into the choir room on Thursday nights and seeing what new music awaits me in my folder. Do we have one that I've sung before? Is it one of my favorites? Are we getting something brand new that I've never sung before? What's the message? Is it scriptural? Is it a poem? What is the service music for Sunday? I want to lift my voice with the rest of you and come into his presence with singing.

So how do I make sense of what's going on? Years ago at a Royal School of Church Music summer course in Rhode Island, the kids and staff had a conversation with clergy about “Sacred Space”. What makes a space holy? Where can we worship God? The short answer is we can worship God anywhere and everywhere, not just in the sanctuary on campus. I've had to spend

some time rethinking my perceptions and habits. Can I make music and worship God here in my small studio apartment? Can I do that in the alley behind my place, sitting in front of my neighbor's palm tree to sing the Hosanna for Palm Sunday? Can I be a part of a worship experience staring into a small black dot on my iPhone while I sit in shorts on my couch rather than being vested in the sanctuary? The obvious answer, one that is so obvious that I wonder how I missed it, is “yes”. Yes. YES! Of course, I can! I can make a joyful noise here! I can come into His presence with singing, as He is present everywhere!

So we move forward in this new reality. Our church is transforming itself. We are transforming ourselves. We are finding a way to be involved, to be creative and think outside the box, to come together in unity even when we can't come together physically. And eventually, there will be a time when we come back together on campus. There will be a time where new music is in the folder. There will be a time where the choir comes together to make music, focusing on breathing, vowels, consonants, cutoffs, phrasing, message. I am counting the days. Only He knows the number.



New Sunday Worship Times

Beginning Sunday, May 10 we will offer two Sunday worship times! There is no change to the Saturday worship time.

All services are live-streamed on Facebook and YouTube. All are welcome - No exceptions. Visit stbartschurch.org for links to Facebook and YouTube.

Saturday 5 p.m.
Celtic Evening Prayer
with Spiritual Communion

Sunday 9 a.m.
ReGeneration Contemporary
Worship with Spiritual
Communion

Sunday 11 a.m.
Choral Worship
with Spiritual Communion

Join us after all weekend services for a virtual coffee hour/fellowship on Zoom.

Weekly news that is sent to your email inbox has the Zoom link and password.

Ways You and Your Family Can Help Interfaith Today

Kristeen Evans

Interfaith Community Services, a St. Bartholomew's Outreach Partner, empowers people in need to stabilize and improve their lives. Interfaith has seen how, together, we are essential in providing services to those most vulnerable during the COVID-19 crisis. Interfaith has been working diligently to prioritize health and safety while continuing to provide critical services and you can help with donations and as a volunteer.



Interfaith's drive-up and drop-off donations times are weekdays 8 a.m. to 5 p.m. at 550 West Washington Avenue, Escondido, CA 92025 (corner of Quince Street). You'll enter the facility from the Quince Street driveway. Interfaith staff will direct you to a parking space where we will happily receive in kind or monetary donation.



Here's a list of needed items:

Food Items

- FRESH Meat & Chicken
- Sliced Deli Meat & Cheese (for sack lunch sandwich-making)
- Canned Chicken & Canned Tuna
- Macaroni & Cheese
- Rice
- Beans (dried)
- Hearty Soups, Stew, Chili
- Cup of Noodles, Top Ramen
- Pasta Sauce (cans or jars)
- Canned Fruits or Vegetables (corn or green beans)
- Peanut Butter & Jelly (or jam)
- Cereal, Oatmeal, Breakfast Items (family-size)
- Almond Milk
- Mixed Nuts (family-size or individual-size bags)
- Dried Fruits
- Crackers, Cookies, Snack Items (family-size)
- Sugar (2 to 5 lb. bags)

Hygiene Items

- Feminine Hygiene Products
- Shampoo & Conditioner
- Toothbrushes & Toothpaste
- Soap & Shower Gel
- Deodorant
- Razors
- Small Packages of Hand Wipes
- Toilet Paper

Baby Items

- Baby Formula
- Baby Food
- Diapers (Pull-Ups: 2T- 3T; 4T-5T)
- Baby Wipes

Supplemental Items

- Laundry Detergent (pods)
- Disinfectant Wipes
- Paper Towels
- Socks (new please)



Volunteers Needed

Important work is being done during the COVID-19 crisis. Interfaith has volunteer opportunities for those who are able to work in-person. Due to social distancing, Interfaith must schedule volunteers based on social distancing requirements and available space. Social distancing and protective gear is required when volunteering onsite. Masks and glove are provided for your protection.

Visit the Interfaith Community Services website for volunteer opportunities and descriptions.

www.interfaithservices.org/volunteer

There are many ways to help Interfaith Community Services during this unprecedented time. Visit their COVID-19 response website for a complete list of way to help.

www.interfaithservices.org/covid-19

How to Love Your Teenager During Quarantine

Courtney McWilliams

Needing new ideas to do with your teens? Here are a few fun and even productive ideas:

1. **Clean out the closet.** What doesn't fit anymore or you just don't wear anymore? Make a donation bag of clothing you don't need and donate it to those in need.
2. **Take out Tuesdays!** Take turns choosing your favorite local restaurant every week. Not only does it feed your family, but it helps keep your favorite local restaurants alive and well.
3. **Foster a pet!** Fostering doesn't mean adopting. It's a great time to see if your kiddos are responsible enough to take on a pet.
4. **Give blood!** With parental consent, you can give blood at 16 years old.
5. **Make dessert or even dinner for your neighbor.** It's nice to do something for someone else, plus you aren't consuming all those carbs.
6. **Spring is here!** Great opportunity to start their own little garden. It helps teens get outside and take ownership of something they can control.
7. **Plan that 2021 vacation now!** Get input from family members on where they'd like to go and what they'd like to do. It helps to have something to look forward to!
8. **Get outside!** It's necessary for survival to get fresh air and to get some exercise. Go for a walk or run, you can do yoga or video workouts.

Kids and teens are in need of ways to cope with their fears, frustrations and anxieties. Remember they are human too, trying to figure out how to navigate this pandemic. Some are missing milestones

in their high school careers—going to prom, college tours, important sporting events they've been working so hard for, SATs/ACTs, and the list goes on and on. Not to mention social interaction with their peers and a more stable environment to learn and study.

Don't take it personally when they want to spend time alone or always on FaceTime with their friends. Set aside family time with the help of your teen. Work together to make a schedule that works for everyone.

Validate their feelings. This does suck. To say otherwise will prove we parents just don't get it. Don't take it personally when they want to spend time alone or always on FaceTime with their friends.

Avoid perseveration. Many kids tend toward perfectionism at this age. Set limits to what they do, just as a teacher would (i.e. do not have them work on a 45-minute assignment for two hours).

Set an example of how to shut down devices. When it's done, it's done. Go outside, do a plank, or just dance.

Take breaks. Schools are masters at breaking up the day. Replicate it as best



you can. Try a YouTube break, snack break, exercise break, or five minutes of mindfulness.

Verbalize what coping looks like. Emotions are contagious, so set a good tone and articulate what you're doing. Say things like, "I notice I have a very short fuse right now. I am going to do some deep breathing." Or, "I am going to sit alone for a few minutes." Help kids think what they need to help themselves feel better.

Goals help. Have a treadmill? Suggest they increase their one-mile time. Challenge them to try standing on one leg for as long as possible, or to hold a three-minute plank.

Always remember to have grace and patience.



The Spirituality of Dogs

The Rev. William Zettinger

Dogs are spiritual beings. Their free-spirited energy is pure and divine. They love and accept us unconditionally. Because of this, they have a direct connection to the spirit. If we let them, they can be our spiritual teachers and healers. Our life's path and purpose can and often becomes entwined with them.

Dogs are full of wisdom and are always ready to teach us lessons. I started discovering my spiritual path with dogs in 1969 through Sherman (a German Shepherd), then there was Puff, Molly, Toby, Kisha (a Scotty), and Teddy (a West Highland White Terrier).

I've gotten the most out of my relationship with them by viewing them as my equals. Because I've been open to their teachings and lessons, they have guided me, taught me, healed me and at times even changed my mind.

They listen to my sermons attentively. I've preached out loud to them in the garage and if they don't like it, well I start again.

The power dogs have to heal others is astounding. Toby often accompanied Nina to St. Bart's. He would sit at the feet of those who needed a bit of love and pastoral care. Some years ago a cancer patient arrived at the office for a visit. I remember sitting at a table when Toby came over and sat on the parishioner's feet. He simply sat there and connected with the spirit and that person. The parishioner wouldn't move afraid Toby would abandon her. But he did not, he stayed with her during the entire visit and future visits to the church.

When you start paying attention and remain open to the spiritual connection your dog offers, the more they can share that connection with you. What if we asked each animal what they wanted instead of putting our egos and wants onto them? If we listen, amazing things might happen!

Consider that God put dogs here on this earth to teach us lessons about love, life, loss, grace, and spirituality. If we allow them to show us that love, we can gain a sense of illumination about what we need to learn. If you're looking for life's meaning and conviction, your dog may be the means to move you closer to your true purpose.

The journey I've been on with our guys and girls is a testament to the incredible life changes that can be experienced when you empower your dog. It gives validation to the notion that all dogs are sentimental creatures who express their gifts differently. Listening to your dog is the key to that empowerment.

When you do, you not only empower your dog, but you empower yourself. Our souls become more accessible to them and deeper powerful spiritual connections are built between us.

We can build a deeper spiritual bond in our relationships with them while enhancing their natural spiritual tendencies, and healing abilities, if we let go of our expectations and accept them for who they are while loving them unconditionally as they love us.

If you permit your dogs to lead the way, if you allow them to communicate, if you listen to them, trust them, respect them and nurture their organic talents, you will learn the important messages your furry best friends want to share with you.

We all know dogs heal. It doesn't matter if they are therapy dogs, service dogs, working dogs or pet dogs. They heal. But, I believe dogs are on this earth for a much grander purpose than we may ever know. We've only begun to scratch the surface of what they are capable of teaching us.

Dogs are mentioned more than a dozen times in the Bible. St. Francis of Assisi, the 13th century Deacon talked to the

animals and even tamed a wolf because he believed they were creatures of God, like us.

And of course, dog is God spelled backward. I wonder is that just a coincidence or not? God made dogs for us to have as companions and helpers and for the immeasurable pleasure and happiness they give us. Perhaps it's a stretch to think that dogs were also meant to teach us about God's love. With all that dogs mean to us, is that too much to consider?



There are over 89 million owned dogs in the United States. Thirty-nine percent of American households own at least one dog. Over \$45 billion will be spent on pets this year in the United States alone. That's double the amount of 10 years ago. According to the American Veterinary Medical Association, 75 percent of dog owners consider their pet as a family member. During this unprecedented time of staying at home, many families have adopted or fostered a dog to help ease the time spent at home.

Obviously, there is something very human about dogs. Is there something very Godlike about us? With all that God created, would it be unreasonable to think that God also made dogs to teach us about his love for us? It seems to me that is something God would do.



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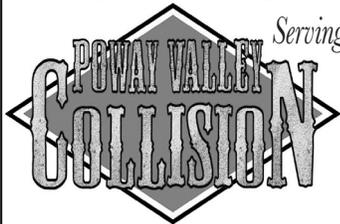
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Worship Services

Sundays: 9 a.m., 11 a.m.

Saturdays: 5 p.m.

Office Hours

Church office is closed during San Diego County's stay at home order. Church staff are answering email and the church phone from home offices.

Clergy and Staff

Clergy

The Rt. Rev. Susan Brown Snook, Bishop 619-481-5454

The Rev. Mark C. McKone-Sweet, Rector 858-432-7107 | revmark@stbartschurch.org

The Rev. Canon Allisyn Thomas, Associate Rector 858-432-7114 | athomas@stbartschurch.org

Honorary Clergy

The Rev. Robert Crafts, Priest-in-Residence

The Rev. William Zettinger, Deacon-in-Residence

Music Ministry

John-Luke Addison, Director of Music, Principal Organist 858-432-7112 | jladdison@stbartschurch.org

Jenny Yun, Organist

Christian Formation for Children and Youth

Maureen Hovannesian & Karen Matsumoto, Children's Ministry Directors children@stbartschurch.org

Courtney McWilliams, Youth Director youth@stbartschurch.org

St. Bartholomew's Preschool 858-487-2140

Cheri Hoffman, Director preschool@stbartschurch.org

Sheila Martin, Assistant Director

Administrative Staff

Beth Dean, Parish Administrator 858-432-7110 | bdean@stbartschurch.org

Demetreus Gregg, Congregational Development Director dgregg@stbartschurch.org

Kristeen Evans, Communications Manager 858-432-7104 | news@stbartschurch.org

Lisa Saldamando, Bookkeeper 858-432-7105 | lsaldamando@stbartschurch.org

Treasurer 858-432-7119 | treasurer@stbartschurch.org

Mike Jewett, Sexton 858-432-7120

Pastoral Care Coordinator

Cathie Roy pastoralcare@stbartschurch.org

Vestry and Terms

Jim Macemon, Senior Warden (2022)

Nancy Peterson, Junior Warden (2022)

Larry Burgess (2022)

Mark Davis (2023)

Rachel Demler (2023)

Costa Dillon (2021)

Shinobu Horne (2023)

Susan McCormick (2023)

Jim Oaks (2023)

Cathie Roy (2021)

Will Smith (2022)

George Tynan (2021)

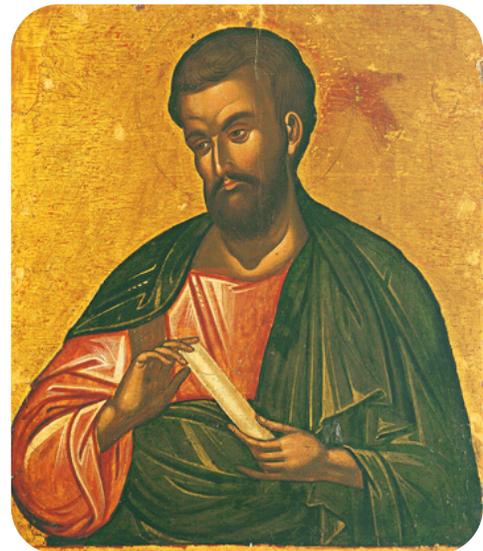
Will Oakes (2021) - Youth Representative

Fr. Mark McKone-Sweet

Terry McCune, Treasurer

Pauline Getz-Enos, Chancellor

Akiko Tamano, Clerk





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Benefits of Yoga Nidra

Jim Oakes

Yoga Nidra provides tools to help you relax deeply, release stress, and increase resiliency while cultivating a sense of inner resourcefulness



to support meeting everyday sensations, emotions, thoughts, and joys. Integrative Restoration, is a comprehensive meditation practice based on Yoga Nidra and was developed by Dr. Richard Miller, author, yogic scholar, researcher and clinical psychologist, who combined traditional yogic practice with Western psychology and neuroscience. It is practiced and taught by thousands of people worldwide in a wide range of settings, including health centers, schools, community centers, yoga studios, correctional facilities and military hospitals.

This guided meditation can be done either seated or lying on a mat and is perfect for beginners to meditation as well as advanced practitioners who may be looking for a way through periods of feeling stuck or lost in their current meditation practice. Each student focuses on areas that are specific to their interests and situation, supporting them to experience rest

and relaxation for the body and mind. This method is simple to learn and easy to practice. It can be practiced by anyone, regardless of physical ability or experience with meditation.

Yoga Nidra Preparation Recommendations:

- Find a comfortable, quiet place where you can be peaceful for up to an hour- you can practice in a chair, in bed, on a yoga mat with props to support you and a blanket to keep you warm.
- Dress in comfortable clothes and set-up your space with any other atmospheric elements that support your practice.

Yoga Nidra is offered at St. Bart's on Fridays at 5 p.m. through Zoom. This 40-minute guided meditation supports uncovering the peace of mind which is always present amidst life's changing circumstances, and is especially grounding during these times of physical distancing. Each session includes time to share your questions and perspectives, followed by a guided meditation practice and a closing opportunity to talk. These practices are free to all and you are invited to extend the invitation to your wider community. No meditation experience is necessary. Contact Jim Oakes for more information, jim.oakes@att.net.